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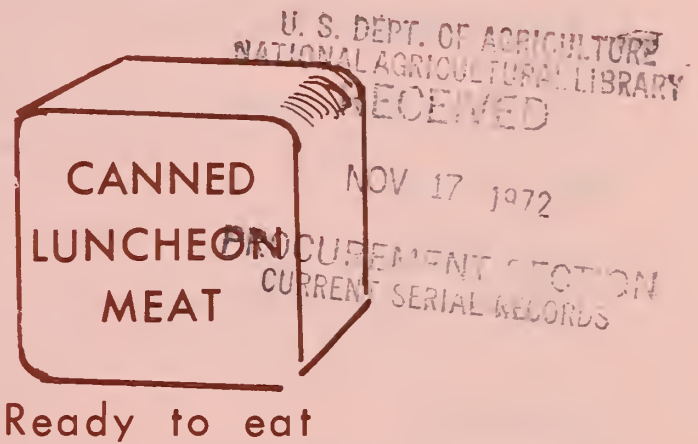


# CANNED CHOPPED MEAT or CANNED LUNCHEON MEAT

*a good choice for the thrifty family*



or



Good to eat and Good for you

EAT the meat right  
from the can



or Bake it like Ham  
(with a little mustard  
and sugar on it)



or Slice it and Fry it



or Cut it in strips and  
use it in a Salad  
(With Greens, Tomatoes and Cheese)



or Place slices on top of beans  
and Bake



FNS-22

(Formerly C&MS-43)

## BAKED CANNED MEAT

- 1 can chopped meat (1 pound, 14 ounces) or  
2 cans luncheon meat (12 ounces each)
- $\frac{1}{4}$  cup brown sugar, packed
- 1 tablespoon dry mustard
- 2 tablespoons flour
- 1 tablespoon vinegar
- 1 teaspoon whole cloves, if you like

Open meat can at both ends. Push against lid at one end to push meat through can.

Put whole piece (or pieces) of meat in baking pan.

Mix brown sugar, mustard, flour, and vinegar. Spread on top of meat. Stick cloves (if used) in meat.

Bake at 250° F (slow oven) about 1 hour until meat is hot.

*Makes 6 servings, 1 slice each.*

## BARBECUE

- 1 medium-size onion
- 1 tablespoon fat or oil
- $\frac{1}{2}$  cup tomato paste or tomato puree
- $\frac{1}{4}$  cup sugar
- 2 tablespoons vinegar
- 2  $\frac{1}{2}$  cups cut-up, canned chopped meat or  
canned luncheon meat

Chop onion. Cook in fat or oil until tender.

Stir in rest of ingredients. Heat to boiling.

*Makes 6 servings,  $\frac{1}{2}$  cup each.*

Note: Serve in buns or on toast, hot cooked bulgur, or rice.

## MEAT-POTATO CAKES

- 1 small onion
- 2  $\frac{1}{2}$  cups cut-up, canned chopped meat or  
canned luncheon meat
- 2 cups cold mashed potatoes
- 1 egg

Chop onion.

Mix all ingredients. Shape into 12 patties. Brown patties on both sides in a greased fry pan over medium heat.

*Makes 6 servings, 2 patties each.*

## MEAT, POTATO, AND CHEESE SCALLOP

- 2 tablespoons fat (margarine or butter)
- 2 tablespoons flour
- $\frac{1}{4}$  teaspoon salt
- 1 cup fluid milk
- $\frac{3}{4}$  cup cut-up cheese
- 1 medium-size onion
- 4 medium-size potatoes
- 2  $\frac{1}{2}$  cups cut-up canned chopped meat or  
canned luncheon meat

Melt fat in a pan. Stir in flour and salt.

Add milk slowly, stirring until smooth. Cook and stir about 3 minutes until thickened.

Add cheese. Stir over low heat until cheese melts.

Slice onion and potatoes thinly.

Put meat, onion, and potatoes in greased baking pan. Pour sauce over top. Cover.

Bake at 350° F (moderate oven) 1 hour. Remove cover and bake about 15 minutes longer until mixture is browned on top and potatoes are cooked.

*Makes 6 servings, about 1 cup each.*

## MEAT SAUCE

- 1 medium-size onion
- 1 tablespoon fat or oil
- 2  $\frac{1}{2}$  cups cut-up canned chopped meat or  
canned luncheon meat
- $\frac{3}{4}$  cup tomato paste (6-ounce can)
- 1  $\frac{1}{2}$  cups water
- 1 teaspoon sugar
- Salt, as you like

Chop onion. Cook in fat or oil until tender.

Mix in rest of ingredients. Cook slowly about 45 minutes until thickened.

*Makes 6 servings, about  $\frac{1}{2}$  cup each.*

Note: Serve meat sauce over hot cooked rice, bulgur, noodles, or spaghetti.



### MEAT AND SWEETPOTATOES

- 6 slices (about 1/2 -inch thick) canned chopped meat or canned luncheon meat
- 1 tablespoon fat or oil
- 1 1/2 cups cooked or canned sweetpotatoes
- 1/3 cup peach or pineapple preserves

Heat fat or oil in fry pan. Add meat and brown on both sides.

Drain sweetpotatoes. Cut or slice, if you like. Add to meat.

Top meat and potatoes with preserves.

Cook slowly until mixture is hot.

*Makes 6 servings.*

### SKILLET DINNER

- 1 green pepper
- 1 large onion
- 1 1/2 cups cut-up, canned chopped meat or canned luncheon meat
- 2 cups cooked or canned tomatoes
- 1 cup water
- 1 cup uncooked rice
- Salt and pepper, as you like

Chop green pepper and onion.

Mix green pepper, onion, meat, tomatoes, and water in a pan. Heat to boiling. Lower heat. Cover and cook slowly 10 minutes.

Stir in rice. Cover and cook slowly about 25 minutes until rice is tender. Add salt and pepper.

*Makes 6 servings, about 3/4 cup each.*

### PANNED CABBAGE AND MEAT

- 2 tablespoons fat or oil
- 2 cups cut-up, canned chopped meat or canned luncheon meat
- 1 small head cabbage
- 2 tablespoons water
- Salt and pepper, as you like

Heat fat or oil in fry pan. Add meat and cook until browned.

Cut up cabbage. Add cabbage and water to meat. Cook about 10 minutes until cabbage is tender.

Sprinkle with salt and pepper.

*Makes 6 servings, 1/2 cup each.*

### STUFFED GREEN PEPPERS

- 3 large green peppers
- Water to cover peppers
- 1 small onion
- 1 1/2 slices bread
- 2 1/2 cups finely cut-up, canned chopped meat or canned luncheon meat
- 3/4 cup tomato sauce
- 1 egg
- Hot water

Cut green peppers in half lengthwise. Remove stems and seeds.

Bring water to boiling. Add peppers and boil 5 minutes. Drain off water.

Finely chop onion. Cut bread in small pieces.

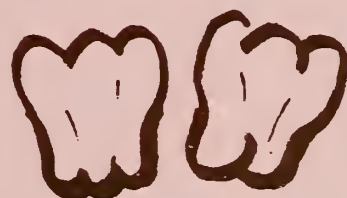
Mix onion, bread, meat, and tomato sauce.

Beat egg and mix with meat mixture.

Fill peppers with meat mixture. Put in a baking pan. Add hot water 1/4-inch deep in pan.

Bake at 350° F (moderate oven) about 45 minutes until peppers are tender.

*Makes 6 servings.*



*Green Peppers*



*Cabbage*

## TAMALE PIE

- 3 cups hot, cooked Cornmeal Mush (recipe follows)
- 1 medium-size onion
- 1 green pepper
- 1 tablespoon fat or oil
- 2 ½ cups finely cut-up, canned chopped meat or canned luncheon meat
- 2 cups cooked or canned tomatoes
- 1 tablespoon chili powder

Spread 2 cups of cornmeal mush in bottom of greased baking pan.

Chop onion and green pepper. Cook in fat or oil in fry pan until tender.

Put meat, tomatoes, and chili powder in the fry pan. Heat to boiling.

Pour meat mixture over cornmeal mush in pan. Spread rest of cornmeal mush over top.

Bake at 425° F (hot oven) 30 minutes.

*Makes 6 servings, about 1 cup each.*

**CORNMEAL MUSH:** Mix 1 cup cornmeal, 1 cup water, and 1 teaspoon salt. Pour and stir cornmeal mixture slowly into 3 cups boiling water. Lower heat. Cook and stir until thick.

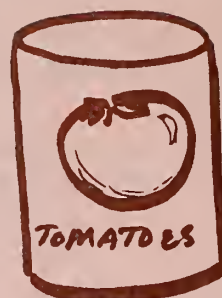
## HEARTY SALAD

- 1 medium-size head lettuce
- 1 stalk celery
- 2 hard-cooked eggs
- 1 cup canned chopped meat or canned luncheon meat, cut in strips
- 1 cup cheese, cut in strips
- Salad dressing, as you like

Tear lettuce into bite-size pieces. Chop celery and eggs. Put in large bowl.

Put rest of ingredients in bowl. Toss lightly to mix.

*Makes 6 servings, 1½ cup each.*



## MEAT SALAD OR SANDWICH SPREAD

- 2 hard-cooked eggs
- 1 small onion
- ¼ cup chopped dill pickles or pickle relish
- 2 ½ cups finely cut-up, canned chopped meat or canned luncheon meat
- ⅓ cup mayonnaise
- ½ teaspoon prepared mustard
- Salt, as you like

Chop eggs and onion.

Mix all ingredients well.

Serve as a meat salad or use as a spread for sandwiches.

*Makes 6 servings, ½ cup each.*

## HOT MEAT SANDWICHES

- 1 small onion
- 2 ½ cups finely cut-up, canned chopped meat or canned luncheon meat
- ½ cup uncooked, quick rolled wheat or rolled oats
- ¾ cup fluid milk
- 1 tablespoon prepared mustard
- Salt and pepper, as you like
- Buns or bread

Chop onion.

Mix onion, meat, rolled wheat or rolled oats, milk, mustard, salt, and pepper. Brown meat mixture in a greased fry pan over medium heat. Turn once. Serve on buns or bread.

*Makes 6 sandwiches.*

**Note:** Top the meat sandwich filling with cheese, onion rings, catsup, or mustard, if you like.